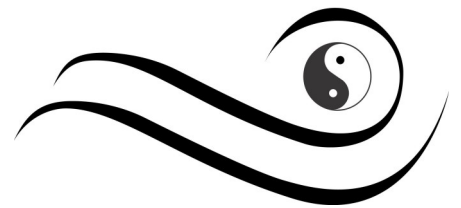


You Are Invited To

Tai Chi /Chih



Movement toward better health

- *Meditation | Meditación*
- *Relaxation | Relajación*
- *Breathing | Respiración*
- *Centering | Concentración*

TUESDAY, OCTOBER 23RD

11:15AM - 12:15 PM

at

*Josephine's Place
A Space for Women
622 Elizabeth Avenue
Elizabeth, NJ 07206
(908) 436-0099*